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# Food and Home Notes

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## \*NEW YEARBOOK — THE FACE OF RURAL AMERICA

A visual account of America's agriculture has been photographed for the Bicentennial yearbook — the first picture-type yearbook from the U.S. Department of Agriculture since 1894. The book has nine sections, 316 black and white photos, and 9 color photos.

Not intended as a book of nostalgia, the new yearbook is about rural life now — 1976. It's an in-depth report designed for urbanites to see how "it all happens, down on the farm". The basic story of the farm — food, animals and people — is explored.

Over the last 20 years, the output per hour on the farm has increased more than three times as fast as output per man hour in non-farm activities. One farm worker used to be able to produce enough to feed himself and 19 others.....now he can feed 56, besides himself.

From the silhouette of the farmer on his plow in the corn belt of Iowa to the windmill in Oklahoma and the cranberry bogs of Massachusetts everyone in this country will somehow identify with this pictorial view of our heritage.





## NEW YEARBOOK (CON'T)



Michell, one of 10 children on the Ray DePriest farm takes the milking machines to the cows at the family farm at Palmer, Alaska.



Nancy Breneman, a secretary in an international program at the University of Minnesota, is also a farmhand on her Dad's farm near Canby, Mississippi.

The new yearbook "The Face of Rural America" may be obtained free by written request to your Congressman or Senator, as long as their limited supply holds out. Or, it may be purchased for \$7.30 at government bookstores across the country, or by sending a check or money order to the Superintendent of Documents, Government Printing Office, Washington D.C. 20402. The Agriculture Department has no copies for public distribution or sale.

TO THE PRESS ONLY——CORRESPONDENTS: Copies of the 1976 yearbook may be obtained by news media for review or feature purposes from the Editor of Food and Home Notes, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Also glossy prints are available from the USDA's Photo Division.

FUTURE FOODS ———  
THE FUTURE OF THE POTATO?  
MAY BE ———  
"A SUPER POTATO"

A high-protein potato -- a super potato -- may be in the offering in the not-too-distant future according to Sharon Desborough, the "potato lady" -- a horticulturist at the University of Minnesota.

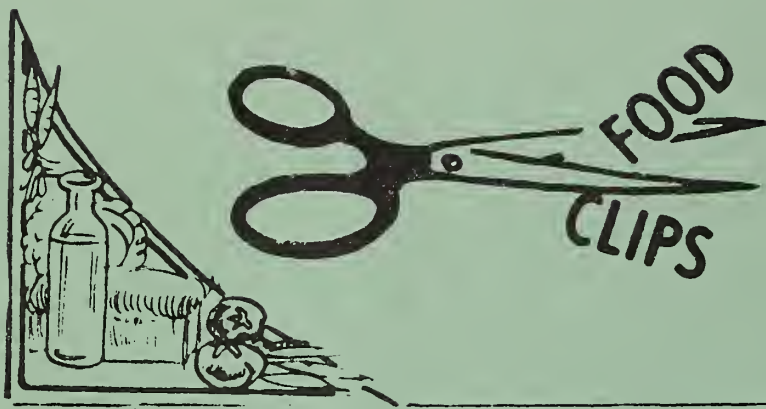
Horticulturist Desborough says a "...high protein potato could provide better nutrition not only in fresh potatoes but possibly in processed forms such as potato flakes. This new-type potato has a good potential -- not only for this country but for improving varieties in South America where potatoes are a substantial part of their diet. Potatoes rank second to soybeans for protein yield per acres.

The experimental "super" potatoes in this country don't need any more fertilizer than common potatoes. If you add more fertilizer you get more amino acids in the potatoes; but they cook out into water solution. When baked or made into potato chips, however, the amino acid content would remain high and not be lost.

Future potatoes probably will contain higher amounts of protein to help alleviate world food problems. We may also have more nutritious snack-type foods (from potatoes) because of their obvious popularity.







## QUESTIONS AND ANSWERS



Do you know what kind of ham you bought?

Some hams need to be cooked; others are fully cooked and can be eaten as they come from the package. Check the label, and if you have any doubts -- cook it -- according to home economists at USDA's Animal Plant Health Inspection Service.

What is the best way to thaw meat and poultry?

In the refrigerator -- according to USDA but if you must thaw them outside the refrigerator, put them in a sealed plastic bag under cold running water; or put them in a closed double paper bag without use of water. The trick is to allow the products to get just warm enough to thaw and still cool enough to slow down the germ growth -- particularly on the surface of the meat.

What kind of a time-frame must consumers consider for leaving food at room temperature?

Food left at room temperatures for more than 2 hours (including time to prepare) allows germs to grow to dangerous numbers. These germs seldom change the taste, odor, or looks of food.

Do you buy or use food from containers with leaking, bulging, or damaged cans because they are less expensive?

If you ever see a "sale" on such items do not buy them. Leaked, bulging, or damaged cans; cracked jars or jars with loose or bulging lids are dangerous -- or potentially dangerous -- items. These foods could contain the rare but often fatal botulism poison. Botulism is found more often in home-canned foods than in commercial products -- but be careful either way.

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